

cucumbers. Put on the lid and set the kettle on the side of the range where it will steam very slowly for three hours, the water just at boiling point. At the end of three hours, drain off the water and drop the cucumbers into fresh water. Change this water once an hour for four hours. Have ready a gallon of boiling vinegar into which have been stirred three dozen cloves, the same number of black peppercorns, a dozen blade of mace, a dozen and a half allspice and a cup of sugar. After the vinegar and spices have boiled together for five minutes, pack the cucumbers in quart jars and fill to overflowing with the scalding vinegar, sealing immediately air-tight.—F. T. H., Illinois.

**Canned Green Peppers.**—The large sweet peppers are the kind used. Select firm, sound peppers without the slightest coloring, but just ready to ripen; wash carefully, cut in halves and remove stems and seeds; pack in jars and pour strong salt water over them, overflowing the jar, and seal air-tight.—“Farm Wife.”

**Canned Whole Tomatoes.**—Scald and peel tomatoes in the usual way; have cans and covers all sterilized, and new rubber rings. Pack the tomatoes in the jars whole, to within an inch or so of the top; add one level teaspoonful of salt and pour over boiling water to fill the cans or jars. Run a knife blade around inside the can to let out the air bubbles and admit the water to all spaces. Have the jar full as it will hold of water; have the tops hot and screw them on the jars. Have a rack in the bottom of the boiler, and set the cans in the boiler. Pour in boiling water till it reaches the necks of the cans, cover the boiler tightly and wrap a blanket or large rug about the boiler and let set over night, until the water is cold. Take out, wrap in

**A DOCTOR'S EXPERIENCE**

**Medicine Not Needed in This Case**

It is hard to convince some people that coffee does them an injury! They lay their bad feelings to almost every cause but the true and unsuspected one.

But the doctor knows. His wide experience has proven to him that, to some systems, coffee is an insidious poison that undermines the health.

Ask the doctor if coffee is the cause of constipation, stomach and nervous troubles.

“I have been a coffee drinker all my life. I am now 42 years old and when taken sick two years ago with nervous prostration, the doctor said that my nervous system was broken down and that I would have to give up coffee.

“I got so weak and shaky I could not work, and reading your advertisement of Postum, I asked my grocer if he had any of it. He said, ‘Yes,’ and that he used it in his family and it was all it claimed to be.

“So I quit coffee and commenced to use Postum steadily and found in about two weeks’ time I could sleep soundly at night and get up in the morning feeling fresh. In about two months I began to gain flesh. I weighed only 146 pounds when I commenced on Postum and now I weigh 167 and feel better than I did at 20 years of age.

“I am working every day and sleep well at night. My two children were great coffee drinkers, but they have not drank any since Postum came into the house, and are far more healthy than they were before.”

Read “The Road to Wellville,” found in pkgs. “There’s a Reason.”

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

paper and put away. These are fine.—C. P.

**For the Home Seamstress**

In making over garments, be sure to have the ripping apart done carefully. Do not pull the parts apart, even if the thread is poor, as this will stretch the edges of the seams if not tear them. Be very careful in ripping with a knife, to have the knife very sharp, and just touch the thread, not cutting the goods. Scissors should not be used to rip with. All pieces of thread should be removed from the ripped seams, and every seam should be ripped. Sponge the goods or wash and press before the pieces dry; press until perfectly dry. Take just as much pains with the old goods as though it were new. If it is not worth the pains, it is not worth making over. If piecing must be done, do it as neatly as possible, and in places where it will show the least; and if possible let the seams run the long way of the cloth. If pieced across the width, it will in almost every instance be conspicuous.

Be sure to have new braid, fresh, or suitable buttons, and the right number and color of thread.

**When Putting up Fruits, etc.**

When you are getting ready for the canning, see that you have your jars perfectly clean, new rubbers and perfect tops, either glass or metal. Test the jar in this wise: Pour into the empty jar a few inches of hot water, put on the rubber and the top, screw down tightly, turn the jar upside down and let stand on the top for a few minutes. If there is any defect in either jar, rubber or top, there will be either a leak or a moist place at the joining, and the least moisture escaping is a menace to the contents of that jar.

The trouble may be in the jar; the little ridge on either side of the shoulder should be filed down smooth; a new, close-fitting, firm rubber may be needed; the metal top may either be bent in some part, or a tiny hole corroded in some of the angles. If a hole, throw it away, or use it in the pantry on the “flawed” jar kept for holding things. If only a little bent, hammer it lightly down at the place where the moisture appears, and dry carefully, then try it again.

After you have fitted the jar, rubber and top together, keep them together. Go over all your jars in this way.

Rubbers should be clean and firm and strong, and the mouth of the jar perfect. When ready to close the filled jar, have your tops as hot as they will bear without cracking the inner cap of porcelain or glass, and screw down tight at once. It is not advisable to try to screw down the top tighter after the cooking is finished, as it may destroy the suction. Look for the slightly bent place in the rim of the metal top, and hammer it down into the rubber lightly.

Many vegetables and fruits are nice baked before canning, and give a variety. Put up only two or three cans at one time, if you cook the fruit; if cooked by steam after filling into cans, try to have the boiler full, as it will save time and fuel.

**Helps for the Housewife**

It is impossible to lay down arbitrary rules for the length of time juices should be boiled to insure jellifying. Over or under-ripe fruits contain varying degrees of water, and this must be reduced to the pure fruit juice. The safest way is to try a little in a saucer until the proper stiffness is obtained.

A reader tells us that when she has trouble with her fruit juice after a proper amount of boiling, she fills her glasses and sets them in the warming closet of her range, and the heat from the cooking will evaporate the surplus water in twenty-four

hours. Another says, in making fruit jellies for immediate dessert (not to store away), if the juice refuses to stiffen after sufficient boiling, she brings it to a boil, then moistens a very little corn starch in water—two or three tablespoonfuls—and stirs this in the dessert, stirring until well mixed and cooked, then turn into molds and let cool. A very little corn starch, mixed with the two tablespoonfuls of water will be sufficient for one serving of the dessert.

The art of making good bread “comes not by observation,” but by real experience and plenty of clear judgment. One must know how to select flour, able to recognize yeast plants and fully understand and appreciate the conditions and temperatures for their growth to produce the best results. Although the old-time housewife often made most excellent breads, it was not a matter of “luck,” but of experience and judgment. Today, the housewife has many helps, and a knowledge of the

“whys and wherefores” are to be had at little cost. But it is not even now a matter of luck. One must know how.

**For the Laundry**

Black lawns, percales, dimities, and other cotton fabrics that will fade or “run” when washed, should have one tablespoonful of turpentine added to each pailful of water used for washing, and rinsing. Washing in thin starch instead of in ordinary water with soap, is far the best way, as the starch is cleansing, and at the same time leaves the goods still enough after rinsing, and more starch is not required.

If a circular flounce is ironed according to the straight threads of the goods, they will not sag, but will keep their shape. Gored breadths should be treated in the same way. If a tape measure is used, and when ironing, the goods is pulled to the required length it will retain its “hang” properly. One skilled in the use of the flat iron can do wonders.

*Latest Fashions for Readers of The Commoner*



3303

3303—Boys' Russian Suit, consisting of a blouse with permanent turn-down collar and knickerbockers. This will be found to be a good model for wash fabrics. Three sizes—2 to 6 years.



3287

3287—Ladies' Tunic Skirt, with gathered or plaited flounce. This is a stylish model and will look well developed in plain or bordered material. Six sizes—22 to 32.



2387

2387—Ladies' House Dress, consisting of a waist with high or Dutch neck and long or elbow sleeves and an attached seven-gored skirt. Percale, gingham or chambray are good materials for this model. Seven sizes—32 to 44.

3298—Ladies' Coat. Any of the season's suitings will make up well in this style. Six sizes—32 to 42.

3290—Misses' Skirt. Embroidered flouncing or bordered material are especially good for this model. Three sizes—14 to 18 years.

2627—Ladies' Semi-Princess Dress, closing with buttons down left side of front, consisting of a waist with separate collar and cuffs and an attached seven-gored skirt. Gingham, or percale are best adapted to this model. Seven sizes—32 to 44.



3298



3290



2627

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